

May 2024 - Free and Live BANT Webinar with Dr
Denise Furness, PhD BS (Hons) Rnutr

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Enhancing Healthy Ageing: Insights from the reversing biological age pilot study

**Free & Live BANT Webinar on Thursday 9th of May 2024 from 10.00 –
11.00 am with Dr Denise Furness, PhD BS (Hons) Rnutr**

Hello there,

We are delighted to announce the next webinar in the BANT Webinar Partnership Programme for 2024. This month, we have education provided by [Pure Encapsulations](#). Join Dr Denise Furness who will present on understanding the Concept of Healthspan vs Lifespan, the booming industry of longevity and healthspan, epigenetic testing and lifestyle protocol and more.

Join Dr Denise Furness, PhD BS (Hons) Rnutr on **Thursday 9th of May 2024 from 10:00 - 11:00 am**. The webinar is free and exclusive to BANT members.

Book Your Place Today

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All BANT webinars are recorded and made available after the live event in the BANT Learning Zone, accessible through your BANT Dashboard.

For any enquiries, please email Clare at clare.grundel@bant.org.uk.

Best wishes,
The BANT Webinar Team

This email is sponsored by:



Dr Denise Furness, PhD
BSc(Hons) RNutr
CSO and Founder, Your
Genes & Nutrition
Sunshine Coast, Australia

Denise began her career as a research scientist focusing on folate nutrigenomics, epigenetics, and DNA damage to support fertility and pregnancy health. She has published her work in peer reviewed journals and won numerous awards for her research and conference presentations. During her post-doctoral fellowship in Obstetrics and Gynaecology she worked alongside a team of medical specialists and researchers within a recurrent

miscarriage clinic, that resulted in an 80% success rate of healthy pregnancy outcomes.

In 2012 she founded Your Genes and Nutrition and began applying her knowledge in clinical practice. Denise has a special interest in fertility, thyroid and autoimmunity (after recovering from autoimmune thyroid disease herself), as well as healthy ageing.

Denise is on the faculty of ACNEM (Australasian College of Nutrition Environmental Medicine) where she lectures on epigenetics and nutrigenomics for chronic health conditions such as thyroid autoimmune disease and cognitive decline disorders (Dementia /Alzheimer's). Denise has shown it is possible to reverse early-stage cognitive decline and lower biological age using a functional medicine approach.



British Association for Nutrition and Lifestyle Medicine (BANT)

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